



Team Nutrition e-Newsletter – Sharing Team Nutrition Resources and Ideas
March 2005

March is National Nutrition Month.

The Team Nutrition (TN) e-Newsletter is published periodically to share TN resources developed by USDA and/or by State agencies (with TN grant funding), and to share ideas for promoting healthy eating and physical activity through Team Nutrition at the State and local levels.

To review the previously published TN e-Newsletters, go to
<http://schoolmeals.nal.usda.gov/ttnews/index.html>

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South Dakota Area Schools Receive Team Nutrition Mini Grants to Combat Obesity

Available through a 2003 TN Training grant that South Dakota State Department of Education received, mini grants were provided to 14 schools and agencies statewide to promote nutrition and physical activities. Some activities these schools will conduct include establish walking programs with students and staff, nutrition education through the district's family and consumer science classes and physical education class, as well as providing nutrition and physical activity in before and after school programs. For more information on the story go to http://www.brookingsregister.com/main.php?story_id=1419&page=27 visit SD's TN Web site at <http://www.state.sd.us/deca/CSCF/CANS/Nutrition/index.htm>

Louisiana's Nutrition Across the Curriculum

This is the third year in a row that the Division of School and Community Support Louisiana Department of Education has been able to feature one of the lessons from *Nutrition Across the Curriculum* as the “pick of the month” in conjunction with National Nutrition Month. Nutrition Across the Curriculum was developed through two USDA Team Nutrition Training Grants that LA State Department of Education received. This Curriculum is an instructional resource for educators at all grade levels. Lessons are designed to help students develop positive attitudes toward good nutritional practices, establish lifelong healthful eating patterns, take action for good health, and learn accurate and current nutrition information.

To review all of the lessons, visit the Nutrition Across the Curriculum website at <http://www.louisianaschools.net/lde/nutrition/1667.html>.

Marketing Nutrition and Physical Activity to Colorado's Middle School Students

With the funding of a 2003 Team Nutrition Training Grant, the Middle School Nutrition and Physical Education Marketing program was developed. The program includes a wellness component that can be utilized by school staff, two power point presentations for school staff, a fruit-vegetable promotion, a set of parent newsletters, a set of physical education lessons for grades preK-12 and a set of reference articles related to nutrition and child obesity. The marketing effort is directed at Colorado Middle Schools. Lessons were edited by the Colorado physical education coordinator and the Team Nutrition coordinator. To review and download this program, go to http://schoolmeals.nal.usda.gov/Training/CO_Middle_School_Marketing/index.html site to see how these materials may benefit your schools and students.

Promoting Healthy Eating and Physical Activity for Early Childhood Programs: A Distance Education Course

This course was developed through Connecticut's 2003 Team Nutrition Training Grant, a partnership of the Connecticut State Department of Education, Bureau of Health and Nutrition Services and Child/Family/School Partnerships, and the University of Connecticut, Department of Nutritional Sciences. The course includes a total of 8 lessons, quizzes, resources, handouts and other useful materials. The lessons include the following topics: Nutrition Basics, Identifying Children's Nutrition Needs, Promoting and Modeling Healthy Eating Practices, Promoting Physical Activity, Creating a Developmentally Appropriate and Safe Eating Environment, Providing Nutrition Education & Training for Children, Staff & Parents, and Serving Nutritious Meals and Snacks: The CACFP Meal Pattern. To review and download this program, go to http://www.nal.usda.gov/childcare/Resources/healthyeating_physicalactivity.html site to see how these materials may benefit you.

About USDA's Team Nutrition - Team Nutrition is an integrated, behavior-based, comprehensive plan for promoting the nutritional health of the Nation's children. Team Nutrition uses three behavior-oriented strategies: 1) provide ***training and technical assistance*** to help Child Nutrition Program foodservice professionals to prepare and serve nutritious meals; 2) provide multifaceted, integrated ***nutrition education*** for children, their parents, and other adults who influence children's behavior; and 3) build ***school and community support*** to create a healthy school environment that is conducive to healthy eating and physical activity.

For more information regarding USDA's Team Nutrition and how to enroll your school as a Team Nutrition School, go to the USDA Web site at <http://www.fns.usda.gov/tn>

What is New on USDA's Team Nutrition Web site? – Check it out at <http://www.fns.usda.gov/tn/New/index.htm>

Submit your comments and suggestions regarding this Team Nutrition e-newsletter to Desiré Stapley (dstapley@nal.usda.gov)